



## Alde Sandlings Benefice

Aldeburgh, St Peter & St Paul's Parish Church,  
Aldringham, St Andrew's Parish Church,  
Friston, St Mary's Parish Church  
Knodishall, St Lawrence's Parish Church

Priest in charge: The Revd Sarah du Boulay

Email: [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd James Marston

Email: [marstonjames@hotmail.com](mailto:marstonjames@hotmail.com)

Tel: 01728 688451

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

## Sunday 14<sup>th</sup> August Ninth Sunday after Trinity

### Services this Sunday for The Alde Sandlings Benefice

Aldeburgh	10.30am	Holy Communion
	6.00pm	Carnival Songs of Praise at Moot Hall Green
Aldringham	11.00am	Morning Prayer
Friston	9.00am	Holy Communion – Patronal Festival
Knodishall	9.00am	Morning Prayer

### Message from Revd Sarah du Boulay

Dear Friends,

I loved meeting with lots of you at the Pet Service held at Aldringham last Sunday. We gathered to give thanks for the pets in our lives and all the many blessings which animals give us. Although my own dogs (Ralph and Mabel) couldn't join us, I gave special thanks for having them in my life and all the joy they give me.

There is so much to be thankful for. In the past hour, I have eaten an ice cream, sat by the sea, bought a book, chatted with a friend, used technology, petted Ralph and Mabel, done some work, and drunk clean, fresh water from the tap. I am happy, healthy, and have many reasons to thank God. An 'Attitude of Gratitude' feels like a good way to start the week!

With continued prayers,

Sarah

## **Collect**

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

## **First Reading**

### **Jeremiah 23.23-29**

Am I a God near by, says the Lord, and not a God far off? Who can hide in secret places so that I cannot see them? says the Lord. Do I not fill heaven and earth? says the Lord. I have heard what the prophets have said who prophesy lies in my name, saying, 'I have dreamed, I have dreamed!' How long? Will the hearts of the prophets ever turn back— those who prophesy lies, and who prophesy the deceit of their own heart? They plan to make my people forget my name by their dreams that they tell one another, just as their ancestors forgot my name for Baal. Let the prophet who has a dream tell the dream, but let the one who has my word speak my word faithfully. What has straw in common with wheat? says the Lord. Is not my word like fire, says the Lord, and like a hammer that breaks a rock in pieces?

## **Second Reading**

### **Hebrews 11.29-12.2**

By faith the people passed through the Red Sea as if it were dry land, but when the Egyptians attempted to do so they were drowned. By faith the walls of Jericho fell after they had been encircled for seven days. By faith Rahab the prostitute did not perish with those who were disobedient, because she had received the spies in peace.

And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even

chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, without us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

## **Gospel Reading**

### **Luke 12.49-56**

‘I came to bring fire to the earth, and how I wish it were already kindled! I have a baptism with which to be baptized, and what stress I am under until it is completed! Do you think that I have come to bring peace to the earth? No, I tell you, but rather division! From now on, five in one household will be divided, three against two and two against three; they will be divided:

father against son

and son against father,

mother against daughter

and daughter against mother,

mother-in-law against her daughter-in-law

and daughter-in-law against mother-in-law.’

He also said to the crowds, ‘When you see a cloud rising in the west, you immediately say, “It is going to rain”; and so it happens. And when you see the south wind blowing, you say, “There will be scorching heat”; and it happens. You hypocrites! You know how to interpret the appearance of earth and sky, but why do you not know how to interpret the present time?’

**Sermon preached The Rev'd Sarah du Boulay at Knodishall  
7<sup>th</sup> August  
CW HC – Patronal Festival**

Happy Patronal Festival! I thought we could celebrate today – the festival of St Lawrence with a little quiz, all about him.

- 1) Where was St Lawrence born? **Valencia (probably)**
- 2) When was he born? **31<sup>st</sup> December 225 AD (probably)**
- 3) How old was he when he died? **32 (probably)**
- 4) How did he die? **burned to death on a grid iron.**
- 5) What were his last words? **This side's done. Turn me over and take a bite. (purported)**
- 6) What is he the patron saint of? **School children, poor people, cooks and comedians.**
- 7) What did he do in his lifetime? **Archdeacon of Rome under Pope Sixtus II, and responsible for the material goods of the church and distributing alms to the poor.**
- 8) Miracles? **Providing food for the poor (after death – prayed to him) and blood liquified and congealed again on his feast day.**

I must confess that I knew very little about St Lawrence before preparing for this service. Worryingly, the 'fact' I was most familiar with was his purported last words! However, when doing my research, the thing that stands out, time and time again was his stewardship of the Church's resources, and his service to the poor.

It's wonderful that our Gospel reading today contains the words 'where your treasure is, there your heart will be also.' In the case of St Lawrence this was very obvious; through his faith, his calling to the priesthood, and his appointment as Archdeacon. I think this verse is a real challenge to all of us. There is a legend which states that you can tell the heart of a church by looking at the agenda for its PCC meetings. The order in which subjects are discussed is the perceived order of importance within that parish. I'll look forward to our first PCC meeting together with interest!

When Jesus says that 'where your treasure is, there your heart will be also', he meant that we can train our ways of thinking, and indeed our will, to whatever we hold dear. When looking at money for example, it means that if we spend all of our money on ourselves, guess where our hearts go? If we spend our money on those in need, then our hearts follow suit. Even more

than this. If we spend our money on Godly pursuits, then our hearts will find God himself in the doing of this.

It's how we connect with God, put simply. If we keep our gaze on him, our actions, thoughts and hearts, then we connect with him. Easy.

Accept, we know that it isn't always easy. Using St Lawrence's example of almsgiving, we need to be aware that we are not just talking about throwing money at a problem. True almsgiving is about solidarity. It is about challenging injustice. It is about equality and love and peace and mercy.

A commentary I read about this passage points out that we should not look towards a world where people can only survive because those who are privileged choose on occasion to act morally. Jesus calls us to be radical, and look to the kingdom of God. The destruction of old ways, and the acceptance of God's way. In the kingdom of God, we do not give alms to help those with less. We turn the system on its head, and recognise all as God's children, sharing power and privilege.

THIS is what Jesus meant when he said 'don't worry little flock, for it is your Father's good pleasure to give you the kingdom'. Don't be afraid. Don't be anxious. Just turn your face to Jesus, and DO. Because whatever we give, whatever we offer, will be honoured by God.

As we are reminded in this Gospel passage, we don't know when Jesus is coming back. There is no point in sitting back and waiting. Where our treasure is, there will our hearts be also.

So, do we worry and wile away our time, storing up our treasure where it can be stolen or destroyed?

Or do we stand alongside St Lawrence? Do we follow our calling? Do we serve God's people? Bravely, and unafraid, secure in the knowledge that God is with us?

The choice, it seems, is ours.

Amen.

## **Post Communion**

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord.

## **Summer at The Alde Sandlings**

The Friday Markets (Benefice Fun Days) kicked off last Friday. We were delighted to see so many people – new friends and old. Aldringham and Knodishall had their stalls to raise funds for their respective churches. There were books, toys, puzzles, cards, jewellery, scarfs, veg, flowers, and of course our wonderful bakers treats. Guess how many tea bags, and everyone's favourite tombola. A huge thanks to Jules and Andy for the delicious BBQ. We raised an amazing grand total of £1555.28. Thank you to everyone who supported us and a huge thank you to the Friday Market Team.





Then on Sunday afternoon, the Aldringham Pet service welcomed 51 humans with their dogs, sheep, donkeys, African land snails, giant millipedes, and 1 bemused cat. Revd Sarah led the service with Canon John Tipping on keyboard. What a glorious afternoon it was. Thank you to all that came along.



## NOTICES

### **Morning Prayer across the Benefice with Revd Sarah**

Revd Sarah will be bringing the benefice together in prayer each morning from 9 -9.30am. People are very welcome to join Sarah, no regular commitment required, just pop along when you wish.

Monday - Friston  
Tuesday - Knodishall  
Wednesday - Aldringham  
Thursday - Aldeburgh

### **Dates for your Diary**

14<sup>th</sup> August 6pm - Carnival Songs of Praise next to Moot Hall  
14<sup>th</sup> August 4pm -The Kingfisher Ensemble Concert at Friston  
26<sup>th</sup> August 10am - 2pm - Friday Markets at Aldeburgh

### **† Church of England and Diocese Online Worship †**

There are many online services you can view from the Church of England and our cathedral. Here are some links below.

Church of England website

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

Church of England Facebook page

<https://www.facebook.com/thechurchofengland/>

Church of England YouTube channel

<https://www.youtube.com/channel/UCLecK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

### **Food Banks at the East of England Co-op**

Foodbanks provide a valuable service to those in need in our communities. The Aldeburgh Co-op and Solar in Leiston are doing a grand job in collecting food donations, which are collected regularly and distributed. So please look out for the various collection baskets.

### **The Kingfisher Ensemble Sunday 14th August – 4pm**

(the grounds of the church of  
St Mary the Virgin, Friston)



A welcome return for this very popular ensemble with a summer programme of light classics and popular music.  
Retiring collection in aid of St Elizabeth Hospice.



## **Lunchtime Classical Concert Series Return**

Aldeburgh Parish Church

Monday 22<sup>nd</sup> August at 12 noon

**Save the Children** are collaborating with Nadia Lasserson to continue the series of hour-long concerts in 2022.

**Nicholas Marshall (Baritone)**

**Nadia Lasserson (Piano)**

*To include Romantic works by Schubert and Tosti*

Looking forward to welcoming you all. Admission is free- with a retiring collection for Save the Children

## **Youth Club – We need your help!**

The Youth Club is back! 7pm to 9pm on Monday evenings during term time for 10–14-year-olds. We are thankful that the Youth Club is as popular as ever. We **really need** some more volunteers to help on these evenings. There is a rota in the west porch that you can add your name to, if you can help (after the summer holidays) or you can contact Fran Smith at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

## **Weekly Benefice Newsletter**

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

**All requests by 4pm on Thursday please**

## **† Pilgrims Together on Wednesdays on Zoom †**

The worship starts at 6.30pm (Zoom call opens from 6.10pm) and the call is then left open after the worship time for people to catch up. People are welcome to email [pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list, or for the Zoom links.

## **Pilgrims @ The Meare Thorpeness**

Sunday 14<sup>th</sup> August Pilgrims @ The Meare: Outside F2F Worship Gathering 10 am (Bring your own chair!) Celtic style worship of the Iona Community, Sundays in July, and August, at the café next to the Boating Lake rather than on the other side

## **Saturday 20th August Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

A time for conversation, a hot drink, and a croissant. A time to share and offer our thoughts and stories. Acts of kindness within the Outside Inn and taken out into the outside world.

**Saturday 3rd September Community Breakfast and Local Ramble starting 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.) To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am.

Please do invite friends along.

**Alde Sandlings Benefice Friday Markets in August**

This August we will have two Friday markets on the 5<sup>th</sup> and 26<sup>th</sup> 10am – 2pm. The proposed stalls are as follows: BBQ, Vegetables, Plants, Fruit and Flowers, Cakes and Savouries, Jams etc, Craft Stalls, General Bric a Brac. Tombola and Games.

All the churches in the Alde Sandlings are invited to have their chosen stalls to raise funds for the churches.

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) if any church members of the Alde Sandlings Benefice would like to have a stall.

**Toys, prizes for the tombola, jewellery, scarves, small items of furniture, curtains, bedspreads, kitchenware, and good quality bric a brac needed.**

**Cakes and produce too (please bring on the day)**

**The 2022 Suffolk Historic Churches Ride and Stride  
Saturday 10<sup>th</sup> September 9am-5pm**

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all round the country are out making money for their local county Churches Trust.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please either: Email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and Claire will pass on your details to the team organiser at each church.

Or see the organiser at the church you worship  
(Fran Smith, Aldeburgh, David Copp, Aldringham, Simon Ive, Friston, Ros MacAllister, Knodishall)